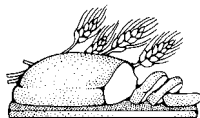
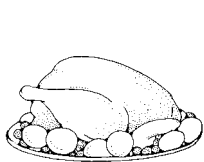

Avoiding Common Menu Problems in the After-School Snack Program

All snacks (supplements) served in the National School Lunch Program must meet the components and minimum required serving sizes specified in the meal pattern. Snacks that do not meet the meal pattern are not reimbursable. Keep in mind that the minimum serving sizes specified in the meal pattern may not be sufficient amounts of food for older children, and additional items or increased serving sizes may be appropriate.



As written, snack menus must indicate that **two** of the four meal pattern components (meat/meat alternate, grains/breads, vegetable/fruit and milk) are included. Snack menus should comply with the guidance specified below.

1. Snack menus must include **two different** components in order to be reimbursable. For example, a menu with carrot sticks and apple juice does not meet requirements as both items are from the vegetable/fruit component.
2. If milk or juice is served as one of the two snack components, water may **not** be offered as a choice instead. Water may only be served as a beverage with those snacks that do not include milk or juice. Keep in mind that two snack components must be provided, since water is not part of the After-School Snack Program meal pattern.
3. When multiple items (e.g., three or four) are served for snack, **two** of the items must meet the snack component requirements and serving sizes.
 - If two vegetable/fruit **items** are served (e.g., juice and fruit) which total $\frac{3}{4}$ cup, only one snack **component** has been met (vegetable/fruit), since snack must contain **two different** components. In this example, a third item would need to provide an appropriate serving size of either grains/breads or meat/meat alternate, since milk cannot be served with juice at snack.
 - Snacks which include “other” noncreditable foods (such as ice cream, pudding or plain gelatin) must also include two items that meet the required snack components and serving sizes. For example, a snack containing strawberry gelatin, graham crackers and milk contains two components (grains/breads and milk), as gelatin is a noncreditable food item. To be reimbursable, this snack must provide the appropriate serving size of both milk and graham crackers.
4. For menu items made from scratch, documentation must be available to ensure that a sufficient quantity of each meal component counted (meat/meat alternate, grains/breads or vegetable/fruit) is provided in the serving size. Standardized recipes and production records must provide back up for menus.

Considerations for Each Snack Component

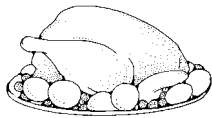
Milk

1. Only fluid milk counts as a milk component. Milk must be pasteurized and meet state and local standards for fluid milk.



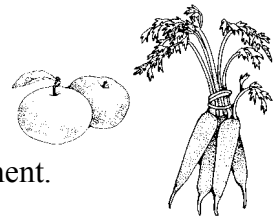
Meat/Meat Alternate

1. Amounts in the meat/meat alternate component refer to the **edible portion**, i.e., cooked, lean meat without bone, breading or other ingredients. All serving sizes of meat/meat alternate must contain the appropriate size edible portion before any other ingredients are added, e.g., 1 ounce of tuna **before** added ingredients such as mayonnaise and seasonings.
2. For commercial entree products such as pizza, cheese or meat stuffed pasta (e.g., ravioli, tortellini, shells), chicken nuggets, stew, etc., documentation (CN label or manufacturer's product specification sheet) must be available to indicate that the product contains the appropriate meal components.
3. To increase variety, it is recommended that yogurt not be served when milk is the only other snack component.
4. Bacon and cream cheese are "other" foods and do not count toward the meat/meat alternate or any other component.



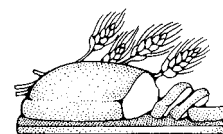
Vegetable/Fruit

1. Juice may **not** be served when milk is served as the only other snack component.
2. Juice must be 100 percent fruit juice. Fruit drinks, beverages, nectars, "ades" (lemonade, limeade, etc.), cranberry and many cranapple/fruit punch blends are not full-strength juice. The terms "100% natural" and "100% Vitamin C" do not indicate that the product is full-strength juice. Labels must indicate "100 percent juice."
3. It is generally impractical for fruit cobbler, fruit crisp or fruited gelatin to meet the vegetable/fruit component at snack, since each serving must contain the required amount of fruit ($\frac{1}{2}$ cup for ages 3-5 and $\frac{3}{4}$ cup for ages 6-18) **before** added ingredients. If these items are planned as a vegetable/fruit, be sure that a large enough serving size is provided, as documented by the recipe.
4. To count as $\frac{1}{4}$ cup of vegetable, **one cup** (8 oz.) of an **allowable** commercial vegetable soup must be served. Allowable soups include: tomato, vegetable, clam chowder with potatoes, corn chowder, minestrone, lentil, pea or bean. Chicken/turkey noodle and chicken/turkey rice soup are "other" foods and do not count toward any component. Soups made from scratch may be credited based on the amount of vegetable contained, as documented by the recipe.



Grains/Breads

1. Dessert-type items (including cookies, cake, unfrosted brownies, gingerbread and homemade rice cereal bars) can count as a grains/breads component at snack.



- **Purchased** products must meet the serving sizes specified in “Serving Sizes for Grains/Breads in the After-School Snack Program.”
 - Recipes for products **made from scratch** must be evaluated for proper crediting information using the worksheet “Determining the Grain/Bread Servings in a Recipe.”
 - **Dessert items may not be served more than two times per week.**
2. If cookies and crackers are served as a grains/breads they must contain enriched or whole-grain flour and/or bran or germ. All cookies and crackers must also meet the minimum serving sizes indicated in “Serving Sizes for Grains/Breads in the After-School Snack Program.”
 - The appropriate serving size for specific types and brands of cookies and crackers is indicated in *Guidance for Crediting Cookies, Crackers and Cereals in the After-School Snack Program*. (A copy may be obtained by contacting the Office of Child Nutrition.)
 - If a particular brand or type of cookie or cracker is not found on the list, the sponsor must determine whether the product is creditable and the appropriate serving size using the “Worksheet for Crediting Purchased Grains/Breads in the After-School Snack Program.”
 3. **Cereals containing 36 percent or more sugar per serving are not recommended.** A list of creditable cereals is contained in *Guidance for Crediting Cookies, Crackers and Cereals in the After-School Snack Program*.

For additional information on crediting foods, consult *Guidance for Crediting Foods in the After-School Snack Program* or contact the Office of Child Nutrition at (860) 807-2079.